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Contact Us

DelaWELL

<http://www.delawell.delaware.gov>

1-800-556-6106

Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>

1-800-926-5455

Exercise of the Month: Squats

With your feet shoulder-width apart, squat down like you're going to sit on a chair, then stand up again. That's one repetition. To avoid knee injury, don't let your knees pass over your toes. Aim for one or two sets with 10 to 12 reps each.



For more information on *Gym Exercises that Work*, visit StayWell Online at <https://delaware.online.staywell.com>

Roasted Squash with Potatoes & Garlic Makes 8 servings



Ingredients:

- 1 unpeeled acorn squash (about 1 to 1½ lbs), washed, halved, seeded and cut into 12 equal pieces
- 4-5 medium (about 2 lbs) butter potatoes, unpeeled, washed and quartered
- 4 cloves garlic, peeled and crushed
- 3 Tbsp olive oil
- 1 large sprig rosemary

Instructions:

Preheat oven to 425°F. Combine squash, potatoes and garlic in 9 x 13-inch shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig. Bake 45-50 minutes, turning once after vegetables are browned on one side.

Nutritional analysis per serving:

Calories 176, Protein 3g, Fat 5g, Percent Calories From Fat 27%, Cholesterol 0mg, Carbohydrates 30g, Fiber 3g, Sodium 13mg.

(Each serving equals ¾ cup of vegetables)

StayWell Online – Microsoft® HealthVault™

No more fumbling through the kitchen junk drawer for your medical forms! Beginning September 15th, online participants can store their health assessment and other personal health information in Microsoft HealthVault through their StayWell Online account. HealthVault allows participants to manage personal health information by storing it in one convenient, secure place. From family doctors to hospitals or clinics, participants can keep all their providers on the same page about their health, for peace of mind – and better care!



Powerful tools to help smokers kick the habit:

Delaware Quitnet <http://de.quitnet.com>

Delaware Smoking Quitline – (Call Toll Free)

1-866-409-1858



The Health Benefits Over Time When Smokers Quit

- **20 minutes after quitting:** Your heart rate and blood pressure drops.
- **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease.
- **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

Would You Believe?

- The eye is one of the organs that cannot be transplanted.
- Immunized people not only protect themselves from dangerous diseases, but also help to stop the spread of disease to other people.
- Potentially blinding eye infections can result from swimming or using a hot tub while wearing contact lenses.

Upcoming Events:

Register today on the DelaWELL website to attend:

- **FREE** information sessions on “**Brain Health 101.**” The sessions will run from August 3-7, 2009 and are available in all three counties.
- **2009 Summer Blood Challenge!** May 26th-September 5th. Become a member of the Blood Bank of Delmarva by signing up at work or calling 1-888-8-BLOOD-8. Enrollment forms available in your HR Dept.

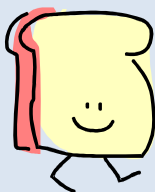
*Save lives and win prizes.
www.delmarvablood.org*

Visit Your Doctor and Find Out Your Healthy Heart Numbers*

- ♥ Beginning **September 15th**-employees will be able to complete their online or paper-based Health Risk Assessment (HRA).
- ♥ Be sure to know your numbers ahead of time (including your height and weight), so you can enter them in your HRA and receive **FREE** personalized health tools and resources to help you reach your goals!

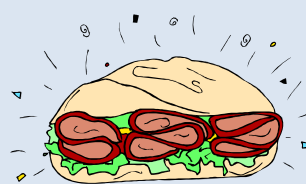
*Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.

Eat This, Not That



Most everybody agrees that Subway sandwiches are delicious! You get to custom design your sub...a little bit of this...a whole lot of that! The next time you order a Subway sandwich, try ordering the 6" Roast Beef Sandwich, not the 6" Tuna Sandwich.

Per serving, the Roast Beef sandwich has 290 calories, 5g of fat and 15mg of cholesterol. Overall, that's not too bad. On the other hand, the Tuna sandwich carries a whopping 530 calories, 31g of fat and 45mg of cholesterol. The globs of mayo in the tuna salad almost defeat its nutritional value. This proves that all subs are not created equal!



E-mail the fitness guru with your question at employee.wellness@state.de.us for a possible posting in next month's issue.



The Fitness Guru Says...

Question of the Month: Should I train my abdominal muscles every day? Also, how many repetitions of crunches should I optimally perform?

Dear Employee,

“Give me a break, give me a break, break me off a piece of that...” If you finished this sentence with “Kit Kat bar,” you may have been watching too many commercials. Okay, so what is the point of this introduction you might ask? Well, besides liking the catchy jingle from Nestlé®, I think we all need to listen to our abdominal muscles as they may be telling us to “give me a break.” Let me clarify... you should treat your abdominal muscles like any other muscle group, which means you shouldn't train them every day. Your abdominals, like all of the other muscle groups in your body, need recovery time between workouts. Every other day is probably sufficient; however, if your abdominal muscles are still sore you will want to push your abdominal workout back a day or so. The “no pain, no gain” mentality is outdated and inaccurate. In general, you should avoid trying to push or work through joint or muscle pain.

As with any type of resistance training exercise, you ideally want the last few repetitions to be hard to complete. When performed correctly, 10 to 25 repetitions for one to three sets of abdominal exercises provide a more than adequate training stimulus. If you can perform more than 25 repetitions of an abdominal exercise, you may be performing the repetitions too rapidly, with improper form, or it may have become too easy for you. In this case, you can increase the challenge and intensity of abdominal exercises by using added resistance (for example, holding a 5 lb or 10 lb dumbbell on your chest as you perform a crunch or sit-up), moving more slowly, or performing the exercises on a slant board or exercise ball so that your head is at a lower elevation than your legs.

As always, thank you for your question.

Stay Fit!
F.G. (a.k.a. Fitness Guru)

Legislative Mall Farmers' Market
Every Wednesday through September 16th
11:00am to 2:00pm



Get Heart Healthy!



Offering Employee Assistance Programs
Human Management Services 1-800-343-2186
www.hmsincorp.com

1. Click "For the Employee"
2. Enter your Username: Delaware
3. Then enter your Password: Statehms04

World Breastfeeding Week
August 1st – August 7th
www.lli.org



*You were not born a winner, and you were not
born a loser. You are what you make yourself be.*

-Lou Holtz



Cataract Awareness Month

*More than half of all Americans develop
cataracts by age 80.*



www.aao.org/aaoesite/eyemd/cataract.cfm

Garlic



Serving size 1 clove raw (3g): 5 calories, 0g Fat, 0mg Sodium, Vitamin C 2%

For many years, garlic has been the topic of much folklore. In ancient times, its strong odor was thought to supply strength and courage to those who ate it. Garlic has been used for numerous things including embalming, warding off wicked spirits, and curing everything from the common cold to tuberculosis and broken bones. Even in modern times, garlic is still being promoted as a health food with medicinal properties. Though garlic is a nutritious food, many of the claims surrounding it are not backed up by research.

In America, 250 million pounds of garlic are consumed per year and its use is growing. Garlic is characterized by its strong flavor and smell, stemming from its sulfur compounds. It makes a great flavoring agent for a variety of dishes. There are approximately 300 varieties of garlic grown throughout the world. In the United States, about 90% of the garlic is grown in California.

Garlic is available year-round fresh or frozen. When buying fresh garlic, choose from plump, dry heads that feel firm. Avoid soft, mushy or shriveled cloves. American garlic should be white to off-white. Garlic should be stored in a cool, dark place (though not a refrigerator) and can be kept for several weeks. Cloves that have sprouted can still be used but they will not be as strong in flavor as fresher cloves. The sprouts themselves can be cut up like scallions and chives and used in dishes.

For more information, visit www.fruitsandveggiesmatter.gov

StayWell Feature Article: Storing Breast Milk

Moms, if you want to store breast milk for when you're not available to breast-feed, the Nemours Foundation offers these suggestions for doing it safely:

- Breast milk can be refrigerated for about two or three days, as long as the temperature is between 32 and 39 degrees Fahrenheit (0 C to 3.9 C).
- Breast milk can be frozen for three to four months in many freezers, as long as the temperature is 0 F (-18 C). But lengths may vary based on the type of freezer.
- Breast milk can be kept at room temperature for four to eight hours, as long as the room is kept at 77 F (25 C) or cooler.
- Always store breast milk in sterile bottles that have a screw cap, a sterilized nursing bag, or tightly-capped hard plastic cups. Always label the bottles with the date that the milk was pumped.
- You can let milk thaw in a refrigerator for up to 24 hours, but never refreeze milk that has been thawed.

National Immunization Awareness Month www.cdc.gov/vaccines

Common Misconception about Vaccinations: Vaccines cause many harmful side effects, illnesses, and even death - not to mention possible long-term effects we don't even know about.

Vaccines are actually very safe, despite implications to the contrary in many anti-vaccine publications. Most vaccine adverse events are minor and temporary, such as a sore arm or mild fever. These can often be controlled by taking acetaminophen before or after vaccination. More serious adverse events occur rarely (on the order of one per thousands to one per millions of doses), and some are so rare that risk cannot be accurately assessed. As for vaccines causing death, again so few deaths can plausibly be attributed to vaccines that it is hard to assess the risk statistically.